



Australian Government

Australian Centre for
International Agricultural Research

THE GOOD COOKS' JOURNEYS



Cook like the locals in Vietnam, Fiji, Indonesia,
Philippines, Tanzania and Mozambique



The Australian Centre for International Agricultural Research (ACIAR) operates as a part of Australia's international development cooperation program, with a mission to amplify the impact of Australia's outstanding capabilities in agricultural science by brokering and funding agricultural research for development partnerships throughout the Indo-Pacific region.

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THE GOOD COOKS

1. With irrepressible energy and enthusiasm, **Dan Churchill** a Sydney born chef, who recently opened a new restaurant in New York, travelled to the Mekong Delta of Vietnam. He tried his hand at seafood soup, rice paper rolls and even catching, filleting and cooking a local water snake.
2. As if being a mum, entrepreneur, chef and running three restaurants isn't enough, **Sarah Todd** travelled to the tourist hub of the South Pacific, Nadi, Fiji to explore the fledgling tropical fruit industry being helped by Australian agricultural science and to cook like a Fijian.
3. Aussie food writer, TV presenter, and chef **Rebecca Sullivan** went to West Timor in Indonesia to meet some beef farmers and to learn how to cook their way (with rather a lot of chilli).
4. Aussie fitness/wellness coach and cookbook author, **Luke Hines** travelled to Guimaras Island in the central Philippines to cook some local delicacies and learn how captive breeding of giant grouper is important for the future of the Asian fishing industry.
5. **Mark Olive**, aka 'The Black Olive', is a well-known celebrity chef with a charismatic style and creative approach to cooking Australian bush foods. Mark saw first-hand how an Australian poultry vaccine is improving Tanzanian village nutrition and to learn how to cook like a local in the remote Rift Valley.
6. Passionate about connecting people to how their food is grown, Chef and TV presenter **Paul West** took an adventure across the Indian Ocean to Mozambique to see how one of Africa's poorest nations is being supported through an Australian-led research partnership.



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INTRODUCTION

Australians' love of food has become part of our national identity. It has inspired the development of new agricultural industries, which thrive despite the growing challenges of managing the soil and water resources of our ancient dry continent—against the backdrop of an increasingly variable climate.

In many ways, our inspiration for Australian cuisine has come full circle. Modern Australian menus feature uniquely Australian flavors that reflect our colourful history incorporating the bush tucker of our first peoples, grains of the northern hemisphere brought here by early colonists and vegetables introduced by Chinese gold-rush era immigrants who established some of our first market gardens.

Along with the rest of the developed and developing world, we face the new nutritional and health challenges posed by the proliferation of fast food outlets and supermarkets full of processed and prepackaged meals.

In response, we hunger for fresh, clean ingredients that are nutritious and tasty, as well as coming from sources that use sustainable practices, protecting our precious land and water resources.

Australian agriculture has continually adapted to these challenges and responded with innovations in both technique and technology that have driven agricultural revolutions at home here in Australia and in many parts of the developing world.

The Australian Centre for International Agricultural Research (ACIAR) has for the past 36 years played a brokering role in taking Australian agricultural know-how to developing countries on behalf of the Australian Government. Our projects involve investment in research projects of various scales, which are designed to suit local conditions, bringing multiple benefits to local communities whilst building economically and environmentally sustainable industries.

The Good Cooks showcases the results of ACIAR's work through taking each of our six cooks on a unique paddock-to-plate experience in locations that are off the beaten track. Our Good Cooks all learned much about the role that international agricultural research is playing in working with local communities to make a real difference to the lives of the families and farmers who are growing food in some of the most vulnerable and challenging environments in the world.

These cooks have shared their journeys with you on screen—and now they are sharing their experiences and recipes with you in this booklet. Each recipe has been adapted to ensure that it can be recreated in any Australian kitchen, whilst keeping the essence and the uniqueness of the original.

Along with our Good Cooks, we hope you enjoy these recipes and the short stories about the provenance of each recipe and the fresh ingredients that resulted—in one way or another—from an ACIAR agricultural research project. We are sure you'll agree it's where agricultural science and culinary creativity come together in kitchens around the world.

VIETNAM - DAN CHURCHILL

The Mekong Delta is a vast maze of flooded fields, transport canals and floating markets. It is also one of the most fertile and biggest rice producing and consuming regions in the world. It is Asia's food bowl.

In southern Vietnam's Ca Mau region, in the heart of the Mekong, farmers are benefiting from a unique approach to small scale commercial seafood production and are adapting their farms to grow two separate commodities annually—rice and shrimp—within the same farming system.

In recent years, changes to the natural environment through hydropower and infrastructure development, climate change, deforestation and land degradation have resulted in the water system changing, reducing the sustainability of their traditional methods and rice varieties.

An Australian-Vietnamese research partnership brokered by ACIAR investigated these environmental changes in the Mekong and is looking at ways this knowledge can be shared more widely amongst other farmers. In addition, the research has generated knowledge and techniques that are easily transferable to Australian farming systems.

Dan Churchill is an Australian chef from Sydney's Northern Beaches, who lives, breathes and teaches healthy recipes and has just opened his own restaurant in Manhattan, New York. Dan travelled to the southern Vietnamese region of Ca Mau to see ACIAR's research at work firsthand, Dan saw how food connects us all and how a partnership of Vietnamese and Australian researchers is testing a re-designed rice-shrimp farming system, as well as new varieties of salt-resistant rice, to ensure these farms are sustainable now and into the future. For more information visit: aciar.gov.au/goodcooks/vietnam





VIETNAMESE PORK AND CRAB SOUP (BUN RIEU)

Ingredients

3 fresh mud crabs
3 garlic cloves (crushed)
500 grams of pork shoulder
(portioned and include the bones
and fat)
1 litre coconut water
5 tomatoes (diced)
200 grams minced pork
200 grams minced shrimp or prawn
100 grams small whole shrimp/prawns
(diced)
450 grams of firm tofu
3 red chillies
1 lime
1 cup bean sprouts
1/2 cup Vietnamese mint leaves
Cooking oil

Directions

1. Thoroughly clean the outside shell of the crabs. The shell is loaded with flavour as is the inside of the crab, which is filled with roe and offcuts. Put all of this in a bowl and set aside.
2. In a large boiling pot add garlic, a tablespoon of cooking oil and let it simmer for a few minutes.
3. Add the chopped pork and approximately 1 litre of fresh coconut water, bring to a boil and then cover and simmer.
4. In a separate frying pan add 1 tablespoon of cooking oil, diced tomatoes and diced garlic cloves, mix over a low flame and stir fry for about 4 minutes, remove and add to the stock pot mixture.
5. Combine minced pork, shrimp/prawn together. Use your hands to mix together and begin to make small round, flat patties. Once you have formed the patties add them to the frying pan with a tablespoon of cooking oil and fry them until they are golden brown on both sides. Remove from heat and set aside.
6. Slice tofu and place it in the same frying pan over a low flame for a few minutes on each side until golden brown and then set aside.
7. Using the same frying pan (add a little more oil if necessary), add diced garlic, the juice that came out of the crabs along with the crabs and their shells. Stir fry for a few minutes and then add everything to the stock pot mixture.
8. While everything is cooking in the stock pot on a separate plate dice some chillies, slice some lime wedges, add the mint leaves and the washed bean sprouts.
9. When the soup is ready place it in a bowl adding all the elements, the crab legs, pork, shrimp and pork patties, broth and tofu.
10. Garnish with the diced chillies, lime wedges, mint leaves and bean sprouts.









VIETNAMESE FRESH RICE PAPER ROLLS

Ingredients

9 fresh shrimps
300 grams pork belly (thinly sliced) Pinch of salt
A handful of round rice paper sheets 1 cup vermicelli rice noodles (cooked) 1/2 cup fresh Vietnamese mint leaves 1 cucumber (thinly sliced)
1 or 2 spring onions (slice in four lengthwise)
1/2 cup bean sprouts
1/2 cup Hoisin sauce

Directions

1. Place a small frying pan on a low flame and add a little water to the pan. Add your fresh unpeeled shrimps to the frying pan with 2 pinches of salt and stir fry until the shrimp turns pink and then flip them over (be careful not to overcook the shrimps as they will continue to cook once removed from the heat).
2. Remove the head and begin to peel the shrimp, set aside.
3. Slice the peeled shrimp down the centre spine in half and set aside.
4. In a skillet cook the pork belly and set aside.
5. On a flat surface place the round flat rice paper. In a small bowl of water dip your hands and rub the rice paper with your moist hands.
6. In the middle of the wet rice paper add two slices of cucumber, Vietnamese mint, spring onion, bean sprouts, sliced pork belly, vermicelli noodles.
7. Begin by folding the rice paper bottom up and then fold over in a rolling motion.
8. After you fold over and the rice paper covers your ingredients add halved shrimp to the outside with the pink skin facing outward and continue to roll to close the rolls.
9. Serve with a side of Hoisin sauce.

VIETNAMESE SNAKE (MÓN NGON SA LAM)

Ingredients

1 fresh rice paddy snake
(fish or pork can be substituted)
4 garlic cloves
1 stalk of lemongrass
1 tablespoon diced ginger
¼ cup of chillies
Pinch of salt
Pinch of sugar
2 tablespoons fish sauce
2 tablespoons brown sugar
1 tablespoon powdered turmeric
¼ cup peanuts (crushed)
2 tablespoons tamarind
100 millilitres coconut milk
1 large red onion (diced)
1 bunch of fresh coriander

Directions

1. Remove the snake head and then soak the snake in boiling water.
2. Remove the excess skin with a sharp knife (just like scaling a fish).
3. Slice the underbelly of the snake lengthwise and remove its inners. Rinse and clean thoroughly.
4. Cut the snake into 15 cm pieces and make small horizontal and diagonal cuts without cutting all the way through. Basically you are tenderising the meat with a knife and very small cuts. (No need to do this if using fish or pork)
5. In a small bowl add peanuts, lemongrass, chillies, tamarind and coconut milk, mix well and set aside.
6. In a small frying pan add two tablespoons of cooking oil and diced garlic, stir fry for 2 minutes and then add the portioned snake to the frying pan. Continue to stir fry adding the lemongrass, ginger, chillies, salt, fish sauce, brown sugar, turmeric, and peanuts. Stir fry it all together and then cover and simmer on a low flame.
7. In a small frying pan sauté the diced red onions and then set aside.
8. Place the snake in the middle of the plate with the remaining juices. Add the sautéed red onions on top and then add the fresh coriander sprigs and the chillies. Serve with fresh cooked long grain rice.









FIJI - SARAH TODD

Fiji's tropical climate has blessed the Pacific nation with a variety of exotic fruits and vegetables. But despite this, Fiji and many of its regional neighbours have struggled with the growth and innovation necessary to meet commercial demands.

Limited local knowledge of commercial fruit production, combined with an increasing rate of cyclones and tropical storms and other impacts of climate change have resulted in the majority of Fiji's fruit being imported from other countries.

Since 2008, ACIAR has created partnerships between scientists and farmers to develop new ways to protect fruit trees from the damaging effects of tropical cyclones as well as creating opportunities for fruit farmers to enter the commercial fruit industry. The earliest of these projects rapidly expanded Fiji's red papaya industry, proving that Pacific nations could improve their economic situation through producing better quality tropical fruit.

Research into production of the Fiji red papaya created new commercial fruit production infrastructure and increased rural employment in local communities. It also resulted in more money coming back to farmers through their ability to increase quality whilst reducing production costs. Building on these results, work is now underway to deliver the same benefits to Fiji's fledgling breadfruit, pineapple and mango export industries.

In the Sabeto Valley on the outskirts of Nadi, Australian chef and restaurateur Sarah Todd learned how ACIAR's work in Fiji is providing farmers with the skills and knowledge they need to increase production. She also learned how to cook some traditional recipes using staple Pacific island ingredients. For more information visit: aciar.gov.au/goodcooks/fiji



FIJIAN FRUIT LOTE

Ingredients

4 tablespoons corn starch
1 cup red papaya (chopped)
1 cup golden nugget pumpkin (chopped)
3 bananas (chopped)
1 225 gram can of coconut cream
2 breadfruits

Directions

1. Soak the breadfruit in a bowl of cold water for two minutes to remove much of the sticky sap from its skin.
2. Cut an "X" into the skin at the bottom of the breadfruit to allow steam to escape while cooking.
3. Coat the breadfruit in vegetable oil and wrap it in aluminium foil to keep it moist. Place it on a baking sheet.
4. Bake the breadfruit in the oven at 200 degrees Celsius for up to 1 hour. The breadfruit is ready when you can easily poke it with a knife and the knife comes out clean.
5. In a large pot add 1 litre of water and corn starch and bring to the boil.
6. Add the freshly cut papaya, pumpkin and bananas to the water and let it simmer with the lid on.
7. Once the fruit has cooked down, drain the remaining liquid from the pot into a separate bowl and mash the fruit together.
8. Using a sieve, add the coconut cream to the fruit mixture and stir.
9. Remove the roasted breadfruit and when it has cooled, peel and slice it.
10. Serve the fruit in a bowl with the breadfruit on the side.





FIJIAN ROUROU (TARO LEAF) WITH ROOT CROP CHIPS

Ingredients

- 1 large taro tuber
- 1 large breadfruit
- 1 large sweet potato
- Cooking salt
- 20 taro leaves (de-stemmed)
- 1 500 gram can of coconut milk
- 1 brown onion diced

Directions

1. To a large pot add 2 litres of water and bring to the boil.
2. Peel the root crops (taro, breadfruit and sweet potato), then cut into thick chunks, add to boiling water and cover pot for approximately 10 minutes.
3. Boil a cup of water in a pot over a low flame and add a pinch of salt to the pot.
4. Take the taro leaves and fold them into quarters and add to the boiling water pot.
5. Add the onion and coconut milk to the pot with the taro leaves and add additional salt if necessary, then bring to the boil. Turn off the heat and set aside. *Be sure to cook the taro leaves for at least 10 minutes to remove the toxin that causes itchiness from the leaves.*
6. Remove the root crops and slice them about 2 centimetre in thickness. You can eat them boiled like this or fry them.
7. Add the root chips to the pre-heated cooking oil until they are golden brown in colour. Sprinkle a little salt over the root chips and serve with the rourou mixture as a dipping accompaniment.





FIJIAN FEAST COOKED IN THE EARTH (LOVO)

Ingredients

- 3 taro tubers
- 2 breadfruit
- 4 sweet potatoes
- 2 whole chickens
- 3 tablespoons sweet soy sauce

Directions

1. Dig a square (1 metre x 1 metre) in the ground and place rounded stones on the bottom (don't put one on top of the other) and build a wood fire on top of them.
2. Once it is set, light and allow to burn until the wood turns into charcoal.
3. There will now be some charcoals and non-burnt up woods, so take a spade or a fork and get the wood out. There should only be the heated stones left in the hole.
4. Clean the taro tubers by scraping off the dirt and small roots with a back of a knife. This process is not peeling just removing all the debris until it's down to the flesh.
5. Clean the breadfruit with the back of the knife removing the scales.
6. Wash and scrub the sweet potatoes, the taro tubers and breadfruit and set aside.
7. In a large bowl place two freshly washed whole chickens. Add three tablespoons of sweet soy sauce (enough to lightly coat the chicken).
8. Lay out the coconut palm and place the chicken at the end where the palm was cut from the tree. Braid the individual leaves around the chicken. Continue braiding past the chicken till the very end.
9. Place the prepared food on top of the palm leaves.
10. Cover the food with banana leaves and coconut palm fronds.
11. Cover the banana leaves and palm ferns with the dig-out dirt.
12. Slowly uncover the food after 45 minutes to an hour. Remove the covering layers and when the leaves are a nice yellowish-brown colour it is cooked. Serve cooked chicken, vegetables and breadfruit with Palusami.

PALUSAMI

Ingredients

20 taro leaves (stems removed)
1 large onion (diced)
1 cup desiccated coconut
1 cup coconut milk

Directions

1. Take onion and add to the grated coconut, mix in a bowl.
2. Select really young, small taro leaves as they taste much sweeter.
3. Take a square of aluminium foil and place approximately 4 leaves layered in the centre (use 1 big leaf and 3 or 4 smaller leaves). Pick it up and cup it in your hand and add the desiccated coconut and diced onion mixture.
4. Add $\frac{1}{4}$ cup of coconut milk and then carefully fold the taro leaf inward followed by the aluminium foil.
5. Add to the Lovo pit hot stones to cook. (step 9 of page 19).





INDONESIA - REBECCA SULLIVAN

West Timor is one of the poorest of Indonesia's provinces. Farmers here often suffer from not having access to enough affordable and nutritious food because of more extreme and increasingly unpredictable weather affecting their ability to grow their crops.

ACIAR has supported beef cattle research in Indonesia for more than 10 years, with a major cluster of projects based in this region of eastern Indonesia.

Beef is a favoured meat in much of Asia. But cattle are harder to raise than chickens and goats, which take up less space and can be fed scraps. Beef is also costlier than other types of meat, but with disposable incomes climbing in many Asian countries, more people can afford beef and some farmers are seeing this opportunity and capitalising on the opportunity with support from Australia.

Increasing the success of beef cattle farming generates more income and access to nutritious food for farmers. However, unreliable and low quality feed sources continue to limit productivity—particularly during the dry season. An Australian-Indonesian research partnership is looking at integrating a fast growing herbaceous variety of Australian Acacia, which is a legume. The variety could improve soil quality—allowing for increased yields of staple cereal crops (maize and rice) as well as provide a high-protein food source for beef cattle.

Australian food writer and television presenter Rebecca Sullivan travelled from the Clare Valley in South Australia to Kupang in the heart of West Timor to find out how the successful beef farming project in West Timor is helping farmers and communities lift themselves out of poverty. The research will also benefit Australian farmers by tracking productivity gains from using this legume, which is readily available in northern Australia. For more information visit: aciar.gov.au/goodcooks/indonesia



KUPANG'S SMOKED BEEF (DAGING SE'I KUPANG)

Ingredients

2 kilos of chuck steak
(cut into long 15-25 centimetre strips)
Salt
Pepper
Curing salt
Ceylon oak (kayu kesambi)
branches for smoking

Directions

1. Rub the meat with the spices and set aside.
2. Make a fire and allow the wood to burn so it has hot embers below.
3. Place the meat on a smoking rack above the fire pit approximately 60 centimetres above the fire. Cover the meat with a large bunch of the kesambi branches and a banana leaf cut in half, placed directly on top of the kesambi branch.
4. Add more wood and keep the heat constant, let the smoke generate gently, and let it cook for approximately 30 minutes.
5. Remove from the heat and serve with the chilli sauce.

SPICED CHILLI SAUCE (SAMBAL LU'AT)

Ingredients

25 grams fresh garlic
250 grams red chillies
(birds eye are best)
25 grams fresh ginger
25 grams galangal
25 grams basil leaf
25 grams coriander
1/2 a lime (juiced)
1 teaspoon of salt or
chicken stock powder

Directions

1. Wash and dry all ingredients, wipe off excess moisture.
2. Mince the chillies using a pestle and mortar or simply put it in a food processor, then put aside.
3. Peel the garlic, ginger and the galangal and chop finely.
4. Chop the basil and the coriander leaves into fine slices.
5. Mix all the prepared ingredients thoroughly then add the lime and salt/chicken stock to taste.
6. Mix the salt thoroughly then put the sauce in a clean jar and store in a cool dry place.
7. The sauce will taste so much better if consumed after 2 days of fermentation. This sambal will normally last for several weeks.





BOILED CORN (JAGUNG KATEMA)

Ingredients

6 cobs of fresh white corn
4 cups of water
1 Asian green pumpkin
200 grams of dried green mung beans
Flowers and leaves from the Asian green pumpkin plant
8 shallots
4 red chillies
1 bunch of coriander
1 teaspoon dried shrimp paste
1 lime (juiced)
Salt

Directions

1. Shuck the fresh corn, into a bowl. Shake the corn to get any remaining husks off and discard.
2. Chop the pumpkin into thick chunks.
3. In a mortar and pestle or food processor add the chillies, salt and shallots and mix them all together. Add lime juice, fresh coriander and dried shrimp paste to make a thick sauce.
4. In a large pot add water, corn kernels, mung beans and cover. Place on a low flame and let it come to the boil, then allow to cook on a low heat.
5. After 15 minutes add the pumpkin and the pumpkin leaves and flowers. Let it cook until the pumpkin and corn are tender (approximately 30 minutes).
6. Remove from the flame and add salt to taste.
7. Serve with the accompanying chilli sauce.



BEEF RENDANG CURRY (RENDANG DAGING)

Ingredients

1.5 kilos of chuck steak beef,
(cut into 4 centimetre cubes)
4 centimetre piece of galangal
1 stalk of lemongrass
(white part only, bruised)
1 fresh turmeric leaf
4 kaffir lime leaves
500 millilitres of coconut milk
1 tablespoon tamarind paste
2 limes (juiced)

Spice Paste

1 teaspoon white peppercorn
1 teaspoon cumin seeds
1 teaspoon fennel seeds
1 teaspoon star anise
1 teaspoon coriander seeds
6 green cardamom pods
1 cinnamon stick
2 garlic cloves
3 large red Asian shallots
5 garlic cloves
2 centimetre piece of ginger,
peeled and chopped coarsely
2 centimetre piece galangal,
peeled and chopped coarsely
2 centimetre piece of fresh turmeric,
peeled and chopped coarsely
1 stalk of lemongrass
(white part only, bruised)
5 fresh red chillies
(seeds and membranes removed)
6 candlenuts
(These nuts must be cooked before
using as they are toxic when eaten raw)

Directions

1. Place the whole spices in a large frying pan and shake over medium heat for 1-2 minutes or until they start to pop and release their aroma and go yellow.
2. Allow the spices to cool a little, then finely grind in a pestle and mortar or spice grinder.
3. Place the ground spices and all the remaining spice paste ingredients in a blender and process until a smooth paste forms, adding a little water if necessary to help blend it.
4. Heat the oil in a large saucepan over medium heat. Add the spice paste and cook, stirring continuously, for at least 15 minutes or until the mixture has reduced right down to a thick paste.
5. Add the beef, galangal, lemongrass, turmeric leaf and kaffir lime leaves and lime juice, and stir to combine well.
6. Gradually add the coconut milk, stirring until well combined and boiling. Add beef.
7. Reduce the heat to as low as possible, cover the pan and simmer for 1 hour.
8. Stir in the tamarind, sugar and salt, and cook for another 1-2 hours or until the beef is very tender and sauce is slightly dry and oily.
9. Serve with steamed rice.





PHILIPPINES - LUKE HINES

The Philippines has experienced significant economic growth over the past four decades, but unlike many of its Asian neighbours this growth has not resulted in a proportionate reduction in poverty and has been limited to a few sectors of the economy and society.

Living on an archipelago with more than 7000 islands, Filipinos rely on their fisheries and aquatic resources as source of both food and livelihoods. The combination of over fishing and unsustainable fishing practices not only hurts local fishermen, but also puts the entire coastal ecosystem at risk.

Larger fish play an important role in marine environments. The giant grouper, or Queensland grouper as it is commonly known, is a major predator of smaller fish and helps maintain reef biodiversity. An Australian and Filipino research partnership brokered by ACIAR is focused on sustainably producing giant grouper through aquaculture to meet the growing commercial demand, while protecting the dwindling wild population.

Developing alternative income streams such as captive breeding and fish farming of giant groupers and improving the wild marine environments creates local tourism and helps local communities, while providing fishers with a sustainable and future proofed business model.

Australian fitness and healthy lifestyle advocate Luke Hines travelled to the small island of Guimaras—home to the Southeast Asian Fisheries Development Centre (SEAFDEC) Igang Marine Station. At SEAFDEC, Luke was guided on how science is speeding up the maturation of this threatened species and creating opportunities for commercial fish farming. While there, Luke was lucky enough to gut and scale his first fish and learn some of the native recipes. For more information visit: aciar.gov.au/goodcooks/philippines





SWEET AND SOUR GROUPE

Ingredients

1 orange-spotted grouper fish
4 cups of cooking oil
2 tablespoons vinegar
2 tablespoons tomato sauce
2 tablespoons sweet chilli sauce
Pinch of salt
Pinch of corn starch to thicken
2 tablespoons cold water
1 small brown onion diced
2 garlic cloves diced
1 cup chopped pineapple
Fresh chilli and coriander to garnish

Directions

1. In a large pot add cooking oil and place over low heat to 190 degrees Celsius.
2. Clean the fish both inside and out. Remove scales.
3. Make 3 diagonal slits into each side of the fish.
4. Add fish to oil and fry until crisp and golden, (about 4 minutes). Carefully, transfer fish to paper towel.
5. To make the sauce mixture, in a mixing bowl add vinegar, tomato sauce, sweet chilli sauce, pinch of salt, pinch of corn starch, cold water and mix well until you get a smooth consistency.
6. In a frying pan heat the cooking oil and add the onions and garlic and fry until lightly brown.
7. Add the sauce mixture from above and with the cooked onion and garlic. Add the pineapple pieces and stir into the mixture consistently for approximately 1 minute.
8. Place the fish in the centre of a suitable serving dish.
9. Drizzle the sauce on both sides of the plate and over the fish.
10. Garnish with diced fresh chilli and fresh coriander.





NATIVE CHICKEN BINAKOL

Ingredients

1 kilo chicken (thigh or breast, butterflyed to same thickness and seasoned with salt and pepper)
2 young green coconuts (water set aside and flesh scooped out, cut thinly into strips)
1 small red onion (sliced)
4 gloves of garlic (crushed and finely diced)
2 centimetre piece of ginger (cut into long thin strips)
3 tomatoes (sliced into wedges)
3 lemongrass stalks (use only the white portion)
3 tablespoons cooking oil
1 teaspoon powdered chicken stock
8 black pepper corns
3-4 tablespoons fish sauce (to taste)
4 finger chillies (two red and two green)

Directions

1. Place a large pot over a low flame and add cooking oil.
2. Add the onions and garlic to the oil and stir until they take on a golden brown colour.
3. Add the ginger and stir for 1 minute.
4. Add the tomatoes and stir for 1 minute and then mash them down.
5. Add the chicken, include the bones, skin and fat. Place into the pot piece by piece in order not to bring any excess water. Simmer uncovered for 2 minutes.
6. Add chicken stock, black pepper, lemongrass, coconut water and coconut flesh and bring to a boil, reduce heat and leave on low heat for 10–15 minutes.
7. Add chillies and cover the pot and simmer for 5 minutes.







SINIGANG (SOUP WITH TIGER GROUPE)

Ingredients

2 kilos grouper (scaled and cleaned cut into large pieces, including the head)
1.5 litres of water
3 medium tomatoes (cubed)
1 large red onion (sliced)
2 stalks lemongrass (bruised and tied into knot)
1 daikon (peeled and cut into 2 centimetre wedges)
1 medium taro root
1 small eggplant (cleaned and sliced into 5 centimetre pieces)
2 cups snake beans (cut into 2 centimetre segments)
2 tablespoons fish sauce
5 batwan fruits (can be replaced with tamarind if not available)

Directions

1. In a large boiling pot and add water, onions, lemongrass and tomatoes. Over high heat, boil for 5 minutes.
2. Gently place fish pieces into the boiling pot.
3. Add the chopped vegetables (daikon, eggplant, taro, snake beans and batwan).
4. Bring the soup back to a boil for approximately 10 minutes.
5. Test the fish, if it feels slightly firm and the flesh is white, it's ready.
6. Add fish sauce to taste and then serve.





Tanzania has one of the world's lowest per capita incomes and investing in nutrition is essential for its progress from a developing to a developed nation.

Chicken meat and eggs are an important source of animal protein, which contains essential amino acids and micronutrients. But an endemic viral poultry disease—known as Newcastle disease—can have devastating effects and wipe out entire flocks. Newcastle disease places a major constraint on production in many developing countries and reduces the value of village chickens as a means of improving food security and alleviating poverty.

ACIAR has been seeking solutions to strengthen food security and nutrition since its establishment and one of its most tangible results has been the development of a thermostable Newcastle disease vaccine in 1992. Thermostable vaccines still require refrigeration, but can last for a few days by being wrapped in a damp cloth, which allows it to be easily transported to remote villages. This non-commercialised vaccine has been contributing to improving family poultry production systems in developing countries like Tanzania right across the world.

Australian television presenter, chef and Indigenous mentor, Mark Olive, travelled from Wollongong to the heart of central Tanzania to learn traditional recipes and see the impact successful village poultry production has on the nutritional and health status of these communities. Mark witnessed how trained community members are vaccinating flocks against Newcastle disease and learned about the immediate and long-term impacts the survival of more chickens has on the people of Sanza village. For more information visit: aciar.gov.au/goodcooks/tanzania







CHAI MASALA TEA

Ingredients

1.25 litres water
5 black peppercorns
6-8 cloves, coarsely ground
8 green cardamom pods, ground
1 tablespoon fresh ginger
6 teaspoons black tea leaves
Sugar to taste

Directions

1. Add the water to a pot and bring to the boil.
2. In a mortar, add all the spices and grind them to a fine powder using a pestle.
3. Add all the spices and boil for about two minutes over medium heat.
4. Add the tea leaves and boil for a further one minute, then reduce the heat and simmer for about 5 minutes.
5. Pour the mixture including the spices into a teapot.
6. Stir in the sugar to your taste.





CHAPATTI FRIED WITH EGG

Ingredients

400 grams plain flour
(plus extra for dusting)
Pinch of salt
Warm water
Sunflower oil
6-12 eggs

Directions

1. Place the flour, salt into a large bowl.
2. Add about one cup warm water to the flour and start mixing until a soft dough is formed.
3. Add a ½ teaspoon of sunflower oil and continue to knead the dough.
4. Divide the dough into equal pieces and roll into balls. Flatten each ball between the palms of your hands and dust with flour.
5. Roll each out to about 15 centimetre in diameter.
6. Heat a skillet over high heat, then reduce the heat to medium-low. Add the rolled chapatti to the pan and cook for about 10 seconds, pressing with a fork until the dough begins to puff up, then turn and cook the other side in the same way. Add a drizzle of sunflower oil and flip over again.
7. The chapatti is cooked when brown patches appear on the surface. Remove from the heat and set aside.
8. Place 1-2 eggs into a small bowl and beat them together.
9. Heat the oil in the chapatti pan and pour half of the egg mixture onto the pan.
10. Place a chapatti on top of the egg mixture and pour the remaining egg mixture over the top of the chapatti.
11. Flip the chapatti over.
12. Once cooked remove from the pan and place on a plate.
13. Repeat until all chapatti dough is cooked.

FRIED COWPEA BALLS FRITTER

Ingredients

225 grams dried cowpea
(also known as black eyed pea)
2 centimetre piece of ginger
(finely chopped and crushed)
1/2 cup red onion (coarsely
chopped) 1 teaspoon salt
2 cups of cooking oil

Directions

1. Let cowpeas soak in hot water for an hour or so.
2. Rub the cowpea between your hands to loosen and remove the hulls.
3. When all the hulls have removed have come loose, drain the peas and recover with hot water.
4. Place the cowpea, fresh ginger, red onion and salt in a mortar and grind the ingredients down to a thick grainy mixture (similar to a crunchy peanut butter).
5. Once completely mixed, remove and place in a bowl.
6. Roll the mixture into small balls.
7. Heat the cooking oil over a high flame. Once the oil is heated add the cowpea balls and fry them until golden brown and serve alongside the chapatti.







BOILED CHICKEN IN A TOMATO STEW WITH POTATOES, CARROT & CAPSICUM (MCHEMSHO WA KUKU)

Ingredients

1 whole chicken
4 potatoes (chopped)
2 carrots (sliced)
2 tomatoes (diced)
Garlic
Ginger
1 lime (juiced)
1 small green capsicum (sliced)
1 small yellow capsicum (sliced)
4 walking onions
(spring onion can be substituted)
mkaranga mwitu
(baby spinach can be substituted)
Milk
Natural yogurt

Directions

1. Clean the whole chicken and cut into pieces and add to a pot of boiling water.
2. In a mortar crush garlic, ginger and lime. Strain into the boiling water, and let it simmer for 15 minutes.
3. Add the potatoes, carrots, sliced capsicum and tomatoes.
4. In another pot add the fresh milk and bring to a boil, let it simmer down and then add the goat yogurt. Let it simmer on a low flame for close to 6 hours. Serve in a separate dish.





MOZAMBIQUE - PAUL WEST

Formerly a Portuguese colony, Mozambique achieved independence in 1975, which was followed by a 15-year civil war. Today, this southern African nation is hitting its stride through agricultural development. Yet it remains one of the least developed countries in the world.

In Mozambique, around 80 per cent of the population relies on agriculture as its main source of income. Irrigation is used to grow multiple crops each year, including cabbage, cassava, tomatoes and maize. Irrigation means farmers can grow a greater range and variety of products all year round, with economic benefits to the farmers.

Many irrigation schemes in southern Africa have failed to deliver results, however, a partnership between Australian and Mozambican scientists, policy experts and engineers has shown how increased agricultural production can be achieved when farmers, scientists and bureaucrats work in partnership.

Brokered by ACIAR, the partnership between the Australian National University and the National Irrigation Institute of Mozambique was established four years ago. Since then, this project has achieved a great deal of positive change for a small farming cooperative on the outskirts of Maputo, the nation's capital.

Australian TV personality and professional chef, Paul West travelled to Maputo. Here he met trailblazing farmers and saw how they are improving their food security and sustainability by applying Australian irrigation know-how. Paul also learned how this technical knowledge can be applied to northern Australia, where the issue of sustainable water use in agriculture has gained momentum in recent years. For more information visit: aciar.gov.au/goodcooks/mozambique





CORN PORRIDGE WITH CASSAVA LEAVES (XIMA COM MATAPA)

Ingredients

1 cup fresh cassava leaves
4 garlic cloves peeled
1 onion finely diced
500 millilitres of coconut milk
750 millilitres of water
2 cups ground peanuts
2 cups corn meal
Pinch of salt

Directions

1. In a food processor, add your cassava leaves and mix. Add the garlic cloves and continue to mix until all combined.
2. Place the cassava mixture into a large pot with a cup of water, heat over a low flame until the water has evaporated (45-60 minutes).
3. Add chopped onion and mix well.
4. Add coconut milk to the cassava mixture.
5. Add ground peanuts and let it simmer over a low flame.
6. Add a pinch of salt to the cassava mixture.
7. Heat water in a large pot. The water is ready when it is hot not boiling.
8. Slowly stir in 1 cup of corn meal into the pot of hot water.
9. Once the porridge mixture is smooth, cover the pot and let it sit for 5 minutes on high heat.
10. Add the remaining corn meal to the pot and constantly stir until the mixture is thick and hard to stir.
11. Remove from the heat and serve with the cassava as an accompaniment.





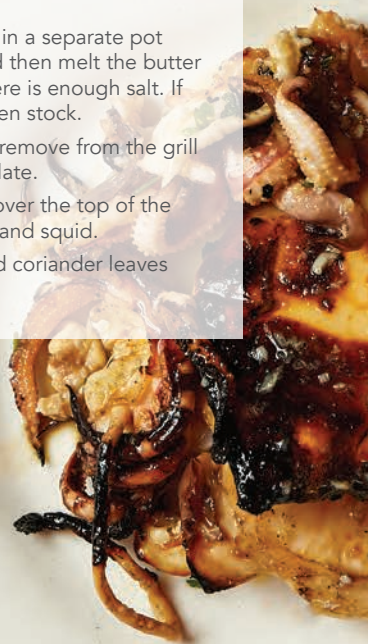
PRAWNS AND SQUID WITH ALFONSO'S SECRET SAUCE

Ingredients

4 tiger prawns
4 king prawns
2 large squid (cleaned)
2 garlic cloves
Pinch of salt
1 lemon (juiced)
1 teaspoon chicken stock
1/4 cup of olive oil
250 grams butter
2 tablespoons fresh coriander leaves chopped
1 lime

Directions

1. In a large mortar, crush garlic with a pinch of salt.
2. In a separate bowl, add lemon juice, the crushed garlic, chicken stock and olive oil and stir well. Set aside and prepare seafood.
3. Wash the prawns, leaving the shell on them. Slice them down the middle and let them rest in the special sauce mixture for a few minutes.
4. Place the prawns open with the flesh side down.
5. After a few minutes turn the grill over and cover them with the sauce mixture.
6. Once the prawns are cooked remove them and set on a separate plate.
7. Clean the squid and leave in the sauce.
8. Place them on the grill, and add a little more of the marinade.
9. While the squid is grilling, in a separate pot place remaining sauce and then melt the butter and taste to make sure there is enough salt. If not add some of the chicken stock.
10. Once the squid is cooked remove from the grill and place on a separate plate.
11. Drizzle the melted butter over the top of the tiger prawns, king prawns and squid.
12. Serve with freshly chopped coriander leaves and a wedge of lime.





CASSAVA WITH BALSAM APPLE (XIGUINHA DE CACANA)

Ingredients

500 grams cassava tuber (cut into cubes)
1 litre coconut milk
2 cups balsam apple leaves
(baby spinach can be substituted)
2 cups ground peanuts
Pinch of salt

Directions

1. Wash the balsam apple leaves well, and set aside.
2. In a large pot of water add the balsam apple leaves, a pinch of salt and bring to the boil for 10 minutes.
3. Remove the leaves, leaving the water and add your chopped cassava root. Bring to a boil until tender.
4. In a large pot add a layer of the boiled chopped cassava tuber then pour the coconut milk on top, followed by another layer of the balsam apple leaves.
5. Add another layer of the boiled cassava tuber and then add a layer of the finely ground peanuts followed by a final layer of the boiled cassava tuber.
6. Place the pot over a low heat and simmer.
7. After 20 minutes stir the entire mixture together and continue to stir for an additional 10 minutes until combined.
8. Serve fresh from the pot.





